

# Foods Ideas by Texture

Add variety by offering foods with textures your child likes.

Vegetables and fruit	Grain foods	Protein foods
<b>Crispy and crunchy</b>		
<ul style="list-style-type: none"> <li>- Apple, green pear, guava</li> <li>- Banana or apple chips</li> <li>- Bell peppers, cabbage, carrots, celery, corn on the cob, cucumbers, iceberg lettuce, kohlrabi, radishes, snap peas</li> <li>- Dried seaweed</li> <li>- Frozen melon strips and grapes</li> <li>- Frozen peas</li> <li>- Baked vegetables chips made from beets, carrots, kale, parsnips, potato, or radishes</li> </ul>	<ul style="list-style-type: none"> <li>- Breakfast bars</li> <li>- Croutons</li> <li>- Dry cereal</li> <li>- Filo pastry</li> <li>- Granola</li> <li>- Pita chips</li> <li>- Popcorn</li> <li>- Pretzels</li> <li>- Rice, rye, or soda crackers</li> <li>- Thin pizza crust</li> <li>- Toast</li> <li>- Tortilla chips</li> </ul>	<ul style="list-style-type: none"> <li>- Baked mozzarella sticks</li> <li>- Battered or crumb coated chicken, fish, or meat</li> <li>- Bean chips or crisps</li> <li>- Chia, flax, pumpkin, or sunflower seeds</li> <li>- Freeze-dried cheese</li> <li>- Grilled bacon or ham</li> <li>- Parmesan crisps</li> <li>- Peanuts, nuts</li> <li>- Roasted chickpeas, soybeans</li> <li>- Sesame snaps</li> </ul>
<b>Chewy</b>		
<ul style="list-style-type: none"> <li>- Cooked mushrooms</li> <li>- Dried fruit such as apples, apricots, dates, mango, or raisins</li> <li>- Fruit leather</li> </ul>	<ul style="list-style-type: none"> <li>- Amaranth, barley, steel cut oats, or wild rice</li> <li>- Bagels, bannock, bread</li> <li>- Frozen pancakes or waffles</li> <li>- Granola bars or energy balls made with oats</li> <li>- Oatmeal cookies</li> <li>- Pasta</li> <li>- Soft pretzels</li> <li>- Thick pizza crust</li> </ul>	<ul style="list-style-type: none"> <li>- Battered fish</li> <li>- Beef, deer, elk or moose jerky</li> <li>- Beef, deer, elk, lamb, or pork steaks or chops</li> <li>- Clams, oysters</li> <li>- Cheese curds, strings</li> <li>- Grilled Haloumi cheese</li> <li>- Prosciutto</li> <li>- Salami, pepperoni stick</li> </ul>

Vegetables and fruit	Grain foods	Protein foods
<b>Soft</b>		
<ul style="list-style-type: none"> <li>- Applesauce</li> <li>- Avocado, tomato</li> <li>- Banana, kiwi, mango, nectarine, peach, pineapple</li> <li>- Canned or cooked fruit</li> <li>- Cooked broccoli, cauliflower, okra, peas, potato, pumpkin, turnip, rutabaga, sweet potato, or yam</li> <li>- Grapefruit or orange segments with membrane removed</li> <li>- Guacamole</li> </ul>	<ul style="list-style-type: none"> <li>- Cooked amaranth, barley, couscous, or rice</li> <li>- Cooked semolina, cornmeal, or congee</li> <li>- Cream of wheat or rice cereal</li> <li>- Muffins</li> <li>- Oat porridge</li> <li>- Over-cooked pasta</li> <li>- Pancake, crepe</li> <li>- Rice pudding</li> </ul>	<ul style="list-style-type: none"> <li>- Baked beans, lentils</li> <li>- Canned or cooked fish</li> <li>- Cottage, ricotta, or soft cheese</li> <li>- Custard, pudding</li> <li>- Hard boiled or scrambled egg</li> <li>- Hummus or other bean dips</li> <li>- Peanut, nut butter</li> <li>- Silken or dessert tofu</li> <li>- Stewed or minced meat</li> <li>- Yogurt with fruit</li> </ul>
<b>Meltable or dissolvable solids</b>		
<ul style="list-style-type: none"> <li>- Baked green pea crisps</li> <li>- Freeze-dried strawberries</li> <li>- Puffed vegetable sticks</li> <li>- Toddler vegetable or fruit puffs</li> </ul>	<ul style="list-style-type: none"> <li>- Baby cookies</li> <li>- Graham crackers</li> <li>- Puffed cereals</li> <li>- Rice husks, cakes</li> <li>- Toddler rice puffs</li> </ul>	<ul style="list-style-type: none"> <li>- Bean or lentil crisps, or puffs</li> <li>- Peanut or nut crisps, or puffs</li> <li>- Toddler freeze-dried yogurt snacks</li> </ul>

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<b>Stick shaped foods</b>		
<ul style="list-style-type: none"> <li>Asparagus, cucumber, green beans, peppers, snow peas, zucchini</li> <li>Baked potato, sweet potato, or zucchini wedges</li> <li>Fruit cut into strips (apple, pear, melon, pineapple)</li> <li>Hard raw vegetables such as carrot, celery, or jicama</li> <li>Puffed vegetable sticks, green pea crisps</li> </ul>	<ul style="list-style-type: none"> <li>Baked pita or tortilla strips</li> <li>Breadsticks</li> <li>Crackers</li> <li>Granola bar, cereal bar</li> <li>Pancake or waffle strips</li> <li>Pretzel sticks</li> <li>Toast or bagel strips</li> </ul>	<ul style="list-style-type: none"> <li>Beef, deer, or elk jerky</li> <li>Beef or pepperoni sticks</li> <li>Cheese strings</li> <li>Chicken or fish fingers, or sticks</li> <li>Falafel waffle</li> <li>Firm tofu</li> <li>Frittata fingers</li> <li>Frozen yogurt tubes</li> <li>Ground meat kabobs</li> <li>Milk or yogurt-based popsicles</li> <li>Pepperoni sticks</li> </ul>
<b>Binders (thick purees that help bind foods together)</b>		
<ul style="list-style-type: none"> <li>Applesauce or other fruit sauces</li> <li>Guacamole</li> <li>Pureed soft, cooked or canned fruits such as apple, blueberries, mango, peach, or pear</li> <li>Pureed soft, cooked or canned vegetables such as peas, potato, roasted red pepper, squash, or sweet potato</li> <li>Pureed vegetable soup</li> <li>Tomato sauce</li> </ul>	<ul style="list-style-type: none"> <li>Congee</li> <li>Pureed soft, cooked pasta</li> <li>Smooth baby cereal, other smooth hot cereals</li> </ul>	<ul style="list-style-type: none"> <li>Cheese or cream sauce</li> <li>Custard or pudding</li> <li>Finely mashed egg or tuna salad</li> <li>Greek yogurt</li> <li>Hummus</li> <li>Mascarpone cheese</li> <li>Melted smooth peanut, nut, or seed butter</li> <li>Pureed lentils</li> <li>Pureed soup</li> <li>Pureed tofu</li> <li>Refried beans</li> <li>Sour cream</li> <li>Tzatziki sauce</li> <li>Whipped cream cheese</li> </ul>